



Senior Adult Programs

HEALTH AND FITNESS

Contact: Rebekah Sutfin for ALL senior adult programs, 240-542-2056, rsutfin@greenbeltmd.gov

SENIOR SWIM 471101-1

Ages 60+

Water exercises that emphasize stretching, strengthening and toning for the swimmer and non-swimmer. Registration is REQUIRED.

M 11:15am-12:00pm/GAFC

14 mtgs: 9/17 - 12/17

Passholders: FREE;

RNPH: \$1.50/visit; NRNPH: \$2.00/visit

Instructor: Marsha Voigt

HOLY CROSS SENIOR FIT 472202-1

Ages 55+

Increase strength, muscular endurance and improve flexibility for greater mobility. **Registration is required with Holy Cross AND the Community Center.** See Community Center Main Office for both forms. **PLEASE NOTE: 12/17-12/21 class will meet at Springhill Lake Recreation Center.*

M/W/F 9:00am-9:45am/CC-106

38 mtgs: 9/12 - 12/21

(No class 10/8, 11/12, 11/23)

FREE

Instructor: Karl Haddad

GET WII ACTIVE 472203-1

Ages 60+

Come join the Wii Active Group and have fun bowling. Other games are available too. Let's get Wii Active!

Tu 3:30pm-5:00pm/CC-114

14 mtgs: 9/18 - 12/18

FREE

WALK ON ROUTE 66 472206-1

Ages 60+

Walk the comfortable gym, and "Get your kicks on Route 66!" The group will record how many laps have been walked. How far will you go? Let's see if we can make it to St. Louis on our way to LA by the end of the year! Come walk with us!

Tu/Th 1:30pm-2:30pm/CC-106

25 mtgs: 9/11 - 12/13

(No class 10/16, 11/6, 11/22)

FREE

PURELY FUN PICKLEBALL 472420-1

Ages 60+

Looking for a fun way to get active? Then come learn and play Pickleball, a cross between tennis and badminton. Pickleball is loads of fun and gaining popularity throughout the US. Beginners and beyond are welcome, keeping the "Purely Fun" focus in mind.

M/Th 2:30pm-3:45pm/CC-106

27 mtgs: 9/10 - 12/13 (No class 11/22)

FREE

AGELESS GRACE 472225-1

Ages 16+

Ageless Grace® is timeless fitness for the body and brain consisting of 21 simple tools for lifelong comfort and ease. These fun and imaginative exercises focus on movement sequences that are natural and playful, practiced in a chair to engage the five functions of the brain and the core.

F 11:00am-12:00pm/CC-114

5 mtgs: 9/14 - 10/12

R: \$25, \$NR: \$35; Drop-in: \$5

Instructor: Marsha Voigt

SPECIAL INTEREST

WATERCOLOR PAINTING 453210-2 **Ages 16+**

NEW! Learn traditional watercolor techniques and vocabulary while cultivating your creativity. Includes Visual Arts Open Studio (see page 17 for more details).

M 10:00am-12:00pm/CC-113

12 mtgs: 9/17 - 12/3

R: \$127, NR: \$166

Instructor: Racquel Keller

SEW FOR CHARITY 453242-1 **Ages 16+**

Enjoy sharing ideas, patterns and materials with fellow sewers while creating crafts for local charities. Projects include blankets for infants, baby clothes, hats and pillow cases for cancer patients and other items according to your inspiration. Basic sewing skills required. Participants supply their own machines, sewing supplies and power strips/cords. This is not an instructional program.

Sa 10:00am-2:00pm/CC-109

15 mtgs: 9/8 - 12/15

R: \$5, NR: \$10

SCRABBLE 473209-1 **Ages 16+**

NEW! Challenge your mind while enjoying a relaxing afternoon of conversation and play. All skill levels welcome.

Tu 12:00pm-1:00pm/CC-109

15 mtgs: 9/11 - 12/18

FREE

GIFTS FROM THE HEART 473208-1 **Ages 16+**

Knitters and crocheters of all levels make items to donate to various charitable organizations. Yarn, needles, and hooks are provided. All ages and skill levels welcome! Instruction is available from group members.

F 10:00am-12:00pm/CC-109

14 mtgs: 9/14 - 12/21 (No class 11/23)

R: \$5, NR: \$10

BRIDGE **Ages 60+**

Call Robin Schlauch, 301-474-2605, if you are interested in playing. THESE ARE NOT INSTRUCTIONAL PROGRAMS.

THURSDAY BRIDGE 479201-1

Th 12:30pm-3:30pm/CC-109

14 mtgs: 9/13 - 12/20 (No class 11/22)

FREE

FRIDAY BRIDGE 479201-3

F 12:30pm-3:30pm/CC-109

14 mtgs: 9/14 - 12/21 (No class 11/23)

FREE

PINOCHLE 479205-1 **Ages 60+**

Call Betty Cookson, 301-577-8097, if you are interested in playing. THIS IS NOT AN INSTRUCTIONAL PROGRAM.

W 12:30pm-3:00pm/CC-109

15 mtgs: 9/12 - 12/19

FREE

GREENBELT SENIOR CENTER



GAME ROOM

The game room is open to senior citizens, ages 60 and over, during regular operating hours. Enjoy playing billiards, games, cards, and more. Please note the game room is not available when classes and/or other programs are taking place in room. Call 301-397-2208 for more information and availability.

LOUNGE

The lounge is open to senior citizens, ages 60 and over, during regular operating hours. Enjoy reading, socializing, and more. The lounge is a shared space with the GIVES office. Call 301-397-2208 for more information.

GOLDEN AGE CLUB

The Golden Age Club meets every Wednesday from 11:00am-12:00pm at the Greenbelt Community Center Multipurpose Room (room 201). Activities include speakers, special programs and field trips. For membership information, call Kathleen McFarland at 301-474-6892.

FOOD & FRIENDSHIP

The Senior Nutrition Program serves hot lunches at 12:00pm, Monday-Friday in the commercial kitchen at the Greenbelt Community Center. Senior citizens, ages 60 and over, must reserve a hot lunch at least two days in advance to ensure that enough meals are delivered. Requested meal donation is \$3. Please call 301-397-2208 x4215 to make reservations.

SEASONED ADULTS GROWING EDUCATIONALLY (SAGE) Ages 60+

An \$85 per semester fee is assessed for SAGE classes for Maryland participants age 60 and over. Once this fee is paid to Prince George's Community College, students may take as many SAGE continuing education classes as they like. Participants MUST register before the beginning date of the class. NO REGISTRATIONS ARE ALLOWED AFTER THE CLASS HAS BEGUN! All registration (registration forms and online registration) begins on **Friday, August 31**, at 8:30am. SYN: OwlLink reference numbers for online registration with the college at www.pgcc.edu. **Most classes begin the week of October 1, 2018.**

REMINDER: Per Prince George's Community College policy; **ALL SAGE** registration forms and payment must be submitted online, mailed, or delivered in person. Greenbelt can no longer accept registration forms or payment.

Mail forms to: Cashier's Office, Prince George's Community College, 301 Largo Road, Largo, MD 20774.



STRETCHING BEYOND

This holistic fitness class will bring strength and balance to the mind, body, and spirit. It is a combination of mild aerobics, strength training using hand weights, and stretching and balancing exercises completed by a relaxation of the mind-body.

472220-1 Tu 10:00am-11:00am/CC-106

14 mtgs: 10/2 - 1/22

(No class 10/23, 12/25, 1/1)

472220-2 Th 10:00am-11:00am/CC-106

14 mtgs: 10/4 - 1/24

(No class 11/22, 12/20, 12/27)

Instructor: Nancy Shaffer

LINE DANCING 472221-1

Socialize, exercise, and improve your memory by learning to line dance! All dance levels are encouraged to participate. Basic line dance steps are taught and lots of dances are performed to a variety of music. You'll learn to adapt the dances to the music that you might have.

W 1:30pm-3:30pm/CC-106

13 mtgs: 10/3 - 1/23

(No class 11/21, 12/19, 12/26, 1/2)

Instructor: Bob Meadows

MONDAY MIXED YOGA 472222-1

Yoga beginners and beyond are welcome in this mixed level yoga class. All poses are adapted to the individual.

M 10:00am-12:00pm/CC-202

13 mtgs: 10/1 - 1/14

(No class 11/12, 12/24, 12/31)

Instructor: Laura Goff

TUESDAY MIXED YOGA 472226-1

Yoga beginners and beyond are welcome in this mixed level class, which includes dynamic warmups, breathing practices, yoga postures, and deep relaxation. All poses can be adapted to the individual.

Tu 10:00am-12:00pm/CC-10

14 mtgs: 10/2 - 1/22

(No class 10/23, 12/25, 1/1)

Instructor: Laura Bonkosky

WEDNESDAY INTERMEDIATE YOGA 472223-1,

Advanced Beginner to Intermediate level for students with some experience in Yoga. All poses can be adapted to the individual.

W 10:00am-12:00pm/CC-10

14 mtgs: 10/3 - 1/23 (No class 11/21, 12/26, 1/2)

Instructor: Christine Romero

CHAIR YOGA

Gentle Chair Yoga, incorporates breathing, stretching, stress reduction and mindfulness. Suitable for those recovering from illness or injury and/or those with arthritis or mobility challenges.

WEDNESDAY CHAIR YOGA

472227-1 W 12:30pm-1:30pm/CC-202

14 mtgs: 10/3 - 1/23 (No class 11/21, 12/26, 1/2)

FRIDAY CHAIR YOGA

472227-2 F 12:30pm-1:30pm/CC-202

14 mtgs: 10/5 - 1/25 (No class 11/23, 12/21, 12/28)

Instructor: Christine Romero

THURSDAY GENTLE YOGA/YOGA NIDRA 472229-1,

This class is suitable for all levels of experience, including beginners. The class includes gentle movements, postures, and breathing exercises to release tension and increase strength and flexibility. The yoga practice is followed by Yoga Nidra, a guided meditation practice that is accessible to beginners and experienced meditators alike. Please bring a blanket and pillow or bolster.

Th 10:00am-12:00pm/CC-10

14 mtgs: 10/4 - 1/24 (No class 11/22, 12/20, 12/27)

Instructor: Laura Bonkosky

FRIDAY GENTLE YOGA 472228-1

Beginner/Gentle Yoga for students just starting Yoga or who want a gentle practice. All poses can be adapted to the individual.

F 10:00am-12:00pm/CC-10

14 mtgs: 10/5 - 1/25 (No class 11/23, 12/21, 12/28)

Instructor: Christine Romero

GREAT RELIGIONS 473222-1

Five of the World's Great Religions. A historical exploration of some of the world's greatest religions: Judaism, Islam, Christianity, Buddhism, and Hinduism. Using video, films, and lecture we will consider their beginnings, their sacred peoples, places, and tenets.

W 1:15pm-3:15pm/CC-114

14 mtgs: 10/3 - 1/23 (No class 11/21, 12/26, 1/2)

Instructor: Lawrence Suid

AMERICAN POPULAR SONG 474201-1

This class is an examination of the song writers, musicians, band leaders, and personalities who contributed to the standard era of American music (approximately 1930 - 1965). Each session will include numerous recordings and film clips that illustrate the characteristics of music from this era. Topics will include presentations and discussions to be drawn from the likes of George Gershwin, Cole Porter, Irving Berlin, Johnny Mercer, Frank Loesser, Kurt Weill, and Harold Arlen, among others. Performances by artists such as Dinah Shore, Ella Fitzgerald, Frank Sinatra, Lena Horne, Judy Garland, Count Basie, Duke Ellington and Artie Shaw will be presented. No outside preparation is required.

M 1:00pm-3:00pm/CC-114

7 mtgs: 10/1 - 11/12

Instructor: Stephen Kramer

MAGNIFICENT MOZART 474221-1

This course surveys a variety of compositions by the great composer Wolfgang Amadeus Mozart. Although he died at the age of 35, Mozart produced a large volume of works for orchestra, opera, and individual instruments. We will examine some of his symphonies, piano concertos, concertos for flute and harp, clarinet, horn, and violin. Also included are sacred music and opera arias as well as a biography of the composer. Video presentations highlight famous symphony orchestras and conductors, famous pianists, vocal artists and choral music.

W 10:00am-12:00pm/CC-114

7 mtgs: 10/3 - 11/15

Instructor: John Cahill

GERMAN ROMANTIC OPERA 474222-1

German romantic opera was a genre of early nineteenth-century German opera, developed not from the German Singspiel of the eighteenth-century but from the opéras comiques of the French Revolution. It offered opportunities for an increasingly important role for the orchestra, and greater dramatic possibilities for reminiscence motifs - phrases that are identified with a place, person or idea and which, when re-used in a work, remind the listener of the place, person or idea in question. The operas presented here are: **Der Freischütz (The Sharpshooter)** (Weber), **Fidelio** (Beethoven), **Tannhäuser** (Wagner), **Euryanthe** (Weber), **Der Fliegende Holländer (The Flying Dutchman)** (Wagner), **Hans Heiling** (Marchner), **Die Tote Stadt (The Dead City)** (Korngold). All operas are in video format with English translations.

W 10:00am-12:00pm/CC-114

7 mtgs: 11/28 - 1/23 (No class 12/26, 1/2)

Instructor: John Cahill

INTERMEDIATE SPANISH 477203-1

This class is designed to improve oral communication; through reading and comprehension of different materials and exercises. Some grammar will be introduced, but more significantly students will be able to work on independent presentations to be introduced to their peers. The goal is for students to work on the oral communication skills that most appeal to them.

Tu 10:00am-12:00pm/CC-103

14 mtgs: 10/2 - 1/22 (No class 10/23, 12/25, 1/1)

Instructor: Deborah Sieiro

SPANISH I 477204-1

This class is a communicative beginning-level Spanish course. You will begin to develop their Spanish proficiency through interactive activities, cultural notes, games and project based learning. The activities will help build competency in each of the four language skills-listening, speaking, reading, and writing. Every week you will be able to verbally interact with both the instructor and the other students in the class.

F 10:00am-12:00pm/CC-103

12 mtgs: 10/5 - 1/25

(No class 11/23, 11/30, 12/21, 12/28, 1/4)

Instructor: Deborah Sieiro

AMERICAN FOREIGN POLICY 477213-1

The pre-World War II version of the United States did not get involved in the conflicts of other countries; that all changed when the Japanese attacked Pearl Harbor. Since 1945, the United States has played a leading role in the formulation of a multilateral foreign policy by establishing the United Nations, encouraging regional military and trade alliances, and pushing for the de-militarization and de-nuclearization of the polar regions and outer space. However, in the last ten years we have seen a surge in nationalism and anti-globalism, hostility toward free trade, the partition of the Arctic Ocean, and now the creation of a "Space Force." What are today's American Foreign Policy objectives? And can they be realized in a world that is growing increasingly competitive both on and off the planet?

Th 3:30pm-5:30pm/CC-114

14 mtgs: 10/4 - 1/24

(No class 11/22, 12/20, 12/27)

Instructor: Mark Croatti

MEDITATION 477222-1

This series will provide an opportunity to "get away from it all" without leaving Greenbelt. Basic principles and benefits of meditation will be taught as well as how to integrate meditation into your daily life. Experiencing guided meditations will be the predominant format for the classes which will lead to slowing down, becoming more mindful, listening to yourself and connecting with others. Come prepared to be as comfortable as possible while sitting on a chair or getting on the floor as desired, (comfortable and layered clothes, cushion, blanket, pillow, and/or mat).

W 3:45pm-4:45pm/CC-202

14 mtgs: 10/3 - 1/30

(No class 10/24, 11/21, 12/26, 1/2)

Instructor: Katrina Boverman

ROMANCE, POLITICS, AND A TOUCH OF HORROR 477224-1

Come and explore the seismic shift that Romanticism (c.1789-1824) constituted for Europeans in politics, sensibility, imagination, and personal psychology. By using the mandatory text English Romantic Poetry: An Anthology, a Dover Thrift Edition edited by Stanley Appelbaum, we will explore the poetry of six giants of Romantic poetry: Byron, Keats, Shelley, Wordsworth, Blake and Coleridge. Of course we cannot neglect the women who inspired, opposed and loved them!

M 9:30am-11:30am/CC-114

14 mtgs: 10/1 - 1/14 (No class 12/24, 12/31)

Instructor: Jim Link

HISTORY OF SUB-SAHARAN AFRICA 477228-1,

A historical overview of the history of Sub-Saharan Africa. Using video and lecture we will explore the development of the countries lying south of that great desert in a continent under-studied in our school systems.

Th 1:00-3:00pm/CC-114

14 mtgs: 10/4 - 1/24

(No class 11/22, 12/20, 12/27)

Instructor: Dolores Haverstick

ENVIRONMENTAL SCIENCE 477230-1

Students will be introduced to environmental science including chemistry and physics, geology, atmospheric science and oceanography, hydrology, ecology, and biodiversity and wildlife conservation. Also covered, many other intriguing aspects of environmental science, from the past to the present day.

M 1:00pm-3:00pm/CC-114

7 mtgs: 11/19 - 1/14 (No class 12/24, 12/31)

Instructor: Michael Blumenstock

ASTRONOMY 477232-1

Students will be introduced to the elements of astronomy including the planets, stars, galaxies, and their relationship to each other and Earth. Also covered, many other intriguing aspects of space, from the past to the present day.

Tu 1:00-3:00pm/CC-114

7 mtgs: 12/4 - 1/29 (No class 12/25, 1/1)

Instructor: Michael Blumenstock

FOUNDATIONS OF GEOLOGY 477231-1,

Our planet has been changing for 4.65 billion years during the development the solar system. We will examine the creation followed by the transformation into the geophysical processes of today. Elements were chemically combined into minerals. Pressure and heat made major changes. Join us as we travel the globe and examine the mysteries of geology.

Tu 10:00am-12:00pm/CC-114

13 mtgs: 10/2 - 1/22

(No class 10/16, 10/23, 12/25, 1/1)

Instructor: Michael Crane

JOY - JUST OBSERVE YOURSELF 477233-1

JOY- Just Observe Yourself is a mindfulness training using meditation to cultivate awareness and reduce stress. It is based on the ancient practice of mindfulness, which is about waking up, being fully alive, and being present for the richness of each moment of our lives. Within this awakening, we gain access to our deepest inner resources for living, healing and coping with stress.

Tu 1:00pm-3:00pm/CC-114

7 mtgs: 10/2 - 11/27 (No class 10/16, 10/23)

Instructor: Dr. Ollie Goodlow

EVERYDAY FEELS LIKE SATURDAY 473221-1

The significance of feeling like Saturday is letting go of the restricting mindset of the past. On this journey, we will explore questions or thoughts you may have had or are now having about your-self. In this class, seeds will be planted toward greater self-awareness, toward developing a deeper understanding of self and others from the view point of where we are now. Looking anew at life with open eyes, an open mind, and an open heart. A series of classes will be held which facilitate discussions on self-awareness through such themes as Wisdom, Letting Go, Unfolding, Communication, Change, Gratitude, Forgiveness, and Balance.

Th 10:00am-12:00pm/CC-114

14 mtgs: 10/4 - 1/24

(No class 11/22, 12/20, 12/27)

Instructors: Cecelia Vitale-Reddy and Paula Williams

UPCOMING SENIOR EVENTS:

All events are at the Greenbelt Community Center. FREE

ANNUAL OPEN FORUM

Saturday, September 23 – 1:00pm-3:00pm

HEALTH & WELLNESS FAIR

Tuesday, October 16 – 10:00am-2:00pm

OKTOBERFEST: Featuring Helmut Licht

Friday, October 19 – 1:30pm-3:30pm, Light refreshments will be served.

Senior Globetrotting

All trips leave from the library parking lot. Please note: Trip cancellations must be made no later than 36 hours in advance for a refund. Refunds will be awarded according to the provisions in the City of Greenbelt Resolution No. 65. A 10% processing fee will be assessed if money is refunded. Refunds are NOT guaranteed.

Contact: Rebekah Sutfin, 240-542-2056, rsutfin@greenbeltmd.gov.

SHOPPING TRIPS

Ages 60+

Transportation to and from the mall. Lunch is on your own. Green Ridge House residents will be picked up at Green Ridge House.

ANNAPOLIS MALL 478201-1

Th 10/11; 9:30AM-3:00PM R: \$3, NR: \$4

WALMART/\$1 STORE 478201-2

Th 11/8; 9:30AM-3:00PM R: \$3, NR: \$4

COLUMBIA MALL 478201-3

Th 12/13; 9:30AM-3:00PM R: \$3, NR: \$4

WEGMAN'S 478201-4

Th 1/10; 9:30AM-3:00PM R: \$3, NR: \$4



BRIDGE BUST 478203-1

Ages 60+

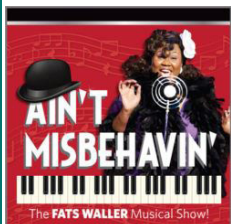
Join us for the 30th Annual Bridge Bust on the Veteran's Memorial Bridge! The Bridge (1.25 miles long) will feature more than 300 vendors selling antiques, crafts, and food. This is an event for the whole family and offers an amazing, unique view of the Susquehanna River. Free shuttles are available from the parking lot to the bridge. Wear comfortable clothes and walking shoes. Lunch is on your own.

Sa 10/6, 8:15am-6:00pm

R: \$40, NR: \$50

AIN'T MISBEHAVIN' @ TOBY'S 478204-1

Ages 60+



'This joint will be jumpin' with Ain't Misbehavin', one of the most popular, well-crafted revues of all time and a Tony Award winner for Best Musical. The inimitable Thomas "Fats" Waller rose to international fame during the Golden Age of the Cotton Club with his infectious swing music. The show

evokes the delightful humor and powerful energy of this 'American original' with music made famous from uptown clubs to Tin Pan Alley to Hollywood!

W 9/19, 9:45am-4:00pm

R: \$70, NR: \$85

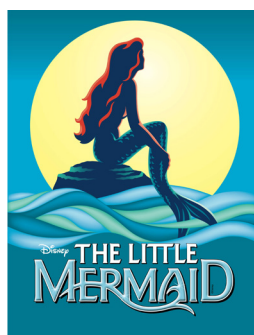
ACTIVE AGING WEEK: INSPIRING WELLNESS

September 23 – September 29, 2018

FREE events/activities throughout the week for individuals of all ages.



Look for an Active Aging flyer in early September as well as the News Review for the schedule of events.



LITTLE MERMAID @ TOBY'S 478205-1

Ages 60+

In a magical kingdom beneath the sea, the beautiful young mermaid, Ariel, longs to leave her ocean home to live in the world above with Prince Eric. Based on the classic animated film with music by eight-time Academy Award winner, Alan Menken (Beauty and the Beast) this show will capture your heart with its irresistible songs, including "Under the Sea", "Kiss the

Girl" and "Part of Your World." The entire family will love The Little Mermaid!

W 12/5, 9:45am-4:00pm

R: \$70, NR: \$85

**ALL BUS TRIPS ARE PARTIALLY
SUBSIDIZED BY THE CITY OF GREENBELT,
THROUGH THE GOLDEN AGE CLUB.**